Tidings

Meet CUPS

Come meet the members of CUPS at our activities or rituals.

Upcoming Activities:

Discussion Group- Oct. 17
7pm Campus Ministry room Z-05, 2090 Mackay. Refreshments provided.

Samhain Fair/Ritual- Oct. 30
All day on the Mezz!
Diviners, vendors and a raffle.

Movie Night- Nov. 7/14
7pm CUPS office
Pizza, drinks and a documentary.

Discussion Group- Nov.21
7pm Campus Ministry room Z-05, 2090 Mackay. Refreshments provided.

Full Moon Ritual- Dec.6
Montreal Pagan Resource Center* 4pm
Please bring a non-perishable food item to donate to charity.

Movie Night- Jan. 16
7pm CUPS office.

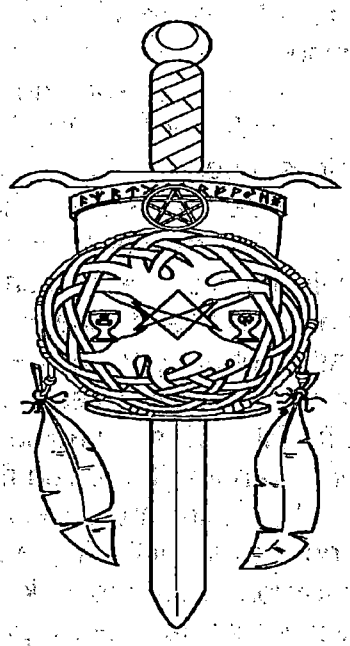
How to Reach Us

CUPS Office
7141 Sherbrooke St. West
Room SC 03-3 (Loyola)

Office Hours
Mondays 13:35-15:15
Tuesdays 11:30-16:00
Wednesdays 11:30-13:30
In addition, when possible:
Tuesdays 16:00-18:00
Fridays 13:30-15:30
(Or by appointment)

By Phone
(514) 848-2424 ext. 7441
Leave a message

By E-Mail / Internet
cups@fastmail.ca or at
http://www.geocities.com/conupagans/index.html



Editorial

We've been a little quiet, but we're slowly getting organized again! Your new executives are:

Eric Lis – President
Kelly Johnson–
Vice President/Treasurer
Seán McGuire- Secretary

We wish to thank all the alumni/past execs who still put in many hours volunteering to help us out. We welcome any comments, questions or suggestions and gladly accept offers to run rituals!
We hope you all have a Happy New Year and an excellent semester.
Brightest Blessings!

What we have planned for this year

We will be:
-striving to increase our presence on campus;
-offering a whole slew of workshops;
-working with other clubs;
but most exciting, celebrating our 10 year anniversary in 2004-5!!

Upcoming events:
Imbolc- in conjunction with McGill University
Author Kerr Cuhulain will visit McGill in March
Ostara- in conjunction with Champlain College
Full Moon- April 3, 2004
Bealtaine- May 1, 2004
Full Moon- June 4, 2004
Full Moon- July 3, 2004

Community Notices

Empty Bowls Fundraiser to Fight Hunger

Saturday, October 18, 4:30 pm to 8 pm
Unitarian Church of Montreal,
5035 de Maisonneuve West (2 blocks east of métro Vendôme)

Tickets are available at the Coop LMV and cost $20 for a hand-made ceramic bowl (yours to keep) and one serving of soup, accompanied by bread and fruit.
Children can have the meal only for a $5 contribution. Children 5 and under: free.

100% of the money raised (the bowls, food and entertainment are all donated) will go to: **Harvest Montreal, NDG Food Depot, Chez Mes Amis, Communiterre, and the Montreal Diet Dispensary.**

Concordia University Pagan Society

The Montreal Pagan Resource Center*

Located at 1928 Ste.Catherine East, just next to Melange Magique, the MPRC is a volunteer run center that graciously provides ritual space for public use upstairs.
They also have a library and it's a nice spot to relax with a cup of tea or coffee.

About Tidings

Tidings is a free newsletter published by the Concordia University Pagan Society (CUPS)
Announcements of interest to the Pagan community will be printed free of charge.

Submissions for upcoming issues may be made by e-mail to cups@fastmail.ca, in TEXT format, or to our postal address. Bear in mind that our publication is black & white.

Samhain - Oct 31st

Also known as Halloween and The Feast of the Dead, Samhain is the Witches' New Year. It signifies the end of summer, honouring the dead and temporary fairwell to The God until He is reborn to the Goddess again at Yule. It's a time where it is said that the veil between worlds is at it's thinnest. Candles are lit and cakes and wine are left out as an offering to the dead. Altars can be decorated with colourful fall leaves, an apple and a pomegranate (if you can find one). Pumpkins are obviously quite popular as well. It is a time for reflection; a time to look back at events that have taken place in the last turn of the wheel and how you have grown from them. After your ritual, bury your apple outside as an offering. If you cannot go outdoors, bury it in a planter of soil. Colours associated with this holiday are red, orange and black.

http://www.angelfire.com/games3/ladyashmon/Sabbats.html

Pumpkin Cheesecake Pie

1 pkg. (3 oz.) Philadelphia cream cheese, softened
2 pkg. (4 serving size) Jello Vanilla Instant Pudding and Pie Filling
1 can (16 oz.) pumpkin
1½ cups thawed Cool Whip whipped topping
1 graham cracker pie crust
1 cup plus 1 tbsp. cold half and half or milk
1 tbsp. sugar
1 tsp. ground cinnamon
1 tsp. ground ginger
1 tsp. ground cloves

Mix cream cheese, 1 tbsp. half and half, and sugar with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust. Pour one cup half and half into mixing bowl. Add pudding mix. Beat with wire whisk until well blended, 1-2 min.
Let stand 3 min. Stir in pumpkin and spices, mix well. Spread over cream cheese layer. Refrigerate at least 2 hours. Garnish with whipped topping and nuts, as desired.
Makes 8 servings.